

Resources for Families

There are a wide range of resources for families to help them understand and apply healthy nutritional standards.

The resources recommended in this Factsheet include the most recent dietary advice from the Australian Government National Health and Medical Research Council, specifically the *Australian Dietary Guidelines* (see www.eatforhealth.gov.au). The updated version of these Guidelines was released in 2013 and is based on the evidence from over 55,000 scientific peer-reviewed journal articles, which were reviewed by a Dietary Guidelines Working Committee of experts in a variety of nutrition fields.

TuckaTalk Factsheets

The following resources provide information on a range of nutrition topics for children aged 1 – 12 years. To view the factsheets visit www.health.act.gov.au and search for 'TuckaTalk'.

Foodwise Factsheets

Foodwise resources provide nutrition information on a range of topics for young people aged 12 years and older. To view the factsheets visit www.health.act.gov.au and search for 'Foodwise'.

Food sensitivity	Party time
Food for 4-6 year olds	Healthy lifestyles for healthy bodies
Drink up for good health	Healthy habits
Constipation and fibre	Food for 1-3 year olds
Children and iron	Enjoying fruit and vegetables
Breakfast	Bone up on calcium
Vitamin D	Pack a lunch with some punch
Vegetarian eating for children	

- Brekkie
- Calcium
- Iron
- Drink up
- Sport supplements
- Healthy eating for young people
- Hunger buster snacks
- Healthier takeaway
- Skin food
- Weight management and energy balance



Talk About Weight Fact Sheets

The *Talk About Weight* factsheets provide nutrition information for parents who are concerned their child is overweight or at risk of becoming overweight. To view the factsheets visit www.health.act.gov.au and search for 'Talk About Weight'.

Women, Youth & Children Nutrition Service

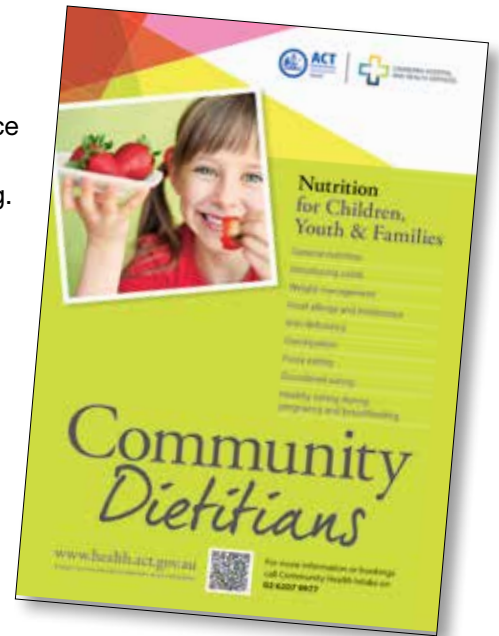
The Women, Youth & Children Nutrition team provides a free service to children, young people and their families. Dietitians can provide advice on a range of nutrition topics including fussy eating, introducing solids, weight management, food allergy and intolerance and disordered eating.

Phone (02) 6207 9977, 8am - 5pm weekdays

Nutrition services are provided at the Phillip; Tuggeranong; City; Belconnen and Gungahlin Health Centres and the West Belconnen Child and Family Centre.

Women, Youth & Children Nutrition Service

Nutrition Australia produces a range of national resources that aim to promote optimal health by encouraging food variety and physical activity. The following factsheets are relevant to children and adolescents. Visit www.nutritionaustralia.org/act



Vegetable snacks for kids

Packing a school lunchbox

Eat a rainbow

Disguising vegetables

5 food tips for healthy kids

Kids brainy breakfast ideas

What's for lunch?

For panicky parents with fussy eaters

Food activities

8 foods young kids love

Nutrition for teens – advice for parents

Food and fitness for children

Drinks for children

Food advertising directed at children

Additional Resources

www.goodhabitsforlife.act.gov.au/ - an ACT Government website that includes tips for families on nutrition and activity

www.raisingchildren.net.au - an Australian parenting website that includes tips for parents/carers on nutrition and fitness for all age groups.

www.healthy-kids.com.au - Great lunchbox ideas and other resources at the NSW Government website

www.nudefoodday.com.au - Nude Food Days promoting unpackaged food in lunchboxes

www.vaccho.org.au - Resources for Aboriginal families about suitable nutrition for children